

Testimony before the Appropriations Committee

February 23, 2017

Department of Mental Health and Addiction Services (DMHAS)

**Governor's H.B. 7027 AN ACT CONCERNING THE STATE BUDGET FOR THE
BIENNIUM ENDING JUNE THIRTIETH 2019, AND MAKING APPROPRIATIONS
THEREFORE**

Nichole Alexander

Good afternoon Senator Osten and Senator Formica, Representative Walker and members of the Appropriations Committee.

My name is Nichole Alexander. I was first introduced into the InterCommunity organization at the age of 19 because of several behavioral health factors that had led to extreme disinvolvement with society. I suffer with severe anxiety due to persistent bullying that I had to endure all of my childhood. Also my family household while I was growing up was very frightening and chaotic so I had no one that I could confide in for the desperate emotional support that I needed at those terrifying times. I've been seeing therapists and psychiatrists since the 2nd grade because I was too afraid to tell anyone about all the tribulations I was going through in school with the other students. I didn't have any friends.

I'm 24 years old now and since being involved with InterCommunity I feel that I have made significant strides towards my recovery and regaining the confidence needed to rejoin society. I have been privileged to participate in several fundamental projects such as The Second Chance Project that was established to help preserve the critically endangered Vietnamese Pond Turtle from extinction, Super Advocacy that teaches the fundamentals of advocating for yourself and others in a time of need, and Young Adult Services that have provided me with a young adult case manager that helps assist me with such needs as budgeting, finding an apartment, transportation such as learning the public bus routes, basic life skills such as apartment hygiene, coping skills as well as several appropriate extracurricular activities. I'm extremely grateful to InterCommunity for providing me these services and surely hope that places like InterCommunity will continue to be funded so that they can provide all the help that I have received to other clients.